

Radiogram No. 4546u

Form 24 for 11.03.02

Medical Ops • Visiting Expedition 4: Day 3 Onboard the ISS

GMT	Crew	Activity
08:30–08:40	ISS5, VC4 CDR	Morning inspection
08:30–08:45	VC4 FE1, VC4 FE2	SLEEP: questionnaire fill-out
08:40–09:10	ISS5	Post-sleep
08:45–08:55	VC4 CDR, VC4 FE1	VIRUS: saliva sampling
08:45–09:10	VC4 FE2	Post-sleep
08:55–09:05	VC4 FE1	
08:55–09:10	VC4 CDR	
09:05–09:10	VC4 FE1	ARISS: prep for amateur radio pass
09:10–09:25		ARISS: amateur radio pass
09:10–10:00	ISS5, VC4 CDR, VC4 FE2	BREAKFAST
09:25–10:00	VC4 FE1	
10:00–10:15	VC4 CDR	SLEEP: questionnaire fill-out
10:00–10:10	VC4 FE1	MESSAGE: incubation of microbial culture
10:00–10:30	ISS5, VC4 FE2	Prep for work
10:10–10:20	VC4 FE1	CARDIOCOG: measurement of arterial blood pressure
10:20–11:10		CARDIOCOG: experiment setup
10:25–10:30	VC4 CDR	AQUARIUS-B: temperature check
10:30–10:45	ISS5, VC4 CDR, VC4 FE2	Daily planning conference (<i>S-band</i>)
10:45–12:45	CDR, FE-2, VC4 CDR	Soyuz TMA-1 descent training. Tagup w/ ground specialist (<i>S-band</i>)
10:45–11:15	FE-1	Pulmonary Function in Flight (PuFF): HRF GASMAP setup & powerup
10:55–11:00	VC4 FE2	CARDIOCOG: experiment prep
11:00–11:30		Photo/video ops
11:10–12:40	VC4 FE1	CARDIOCOG: experiment ops
11:15–11:25	FE-1	Daily payload status check
11:25–11:35		EXPRESS Rack 2: powerup
11:35–11:45		EXPRESS Rack 2: ARIS guide removal
11:45–12:05		Pulmonary Function in Flight (PuFF): initial calibration
11:50–11:55	VC4 FE2	CARDIOCOG: experiment ops
12:05–12:45	FE-1	Pulmonary Function in Flight (PuFF): standard test
12:40–13:20	VC4 FE1	CARDIOCOG: closeout ops
12:45–13:45	FE-1	Physical exercise (CEVIS)
12:45–13:05	CDR	Air sampling with AK-1M
13:00–14:30	FE-2	Physical exercise (TVIS + active rest / day 4)
13:05–13:10	CDR	PLANTS-2: payload status check
13:10–13:50		Pulmonary Function in Flight (PuFF): standard test

13:10–13:20	VC4 FE2	CARDIOCOG: measurement of arterial blood pressure
13:20–14:00		CARDIOCOG: experiment prep
13:20–13:50	VC4 FE1	Photo/video ops
13:45–15:15	FE-1	Physical exercise (RED)
13:50–13:55	VC4 CDR	CARDIOCOG: experiment prep
14:00–15:00	CDR	Physical exercise (TVIS-4)
14:00–15:30	VC4 FE2	CARDIOCOG: experiment ops
14:05–14:20	VC4 CDR	AQUARIUS-B: closeout operations with B-container PXO-Signals
14:10–14:25	VC4 FE1	Private conference on IP phone (<i>Ku-band</i>)
14:25–14:35		PROMISS: videotape changeout
14:35–14:45		DCCO videotape changeout
14:40–14:45	VC4 CDR	CARDIOCOG: experiment ops
15:00–16:00	CDR, FE-2, VC4 FE1	LUNCH
15:05–16:05	VC4 CDR	
15:15–16:15	FE-1	
15:30–16:10	VC4 FE2	CARDIOCOG: closeout ops
16:00–16:30	VC4 FE1	E-mail ops
16:00–16:40	FE-2	Maintenance of COX
16:05–16:15	VC4 CDR	CARDIOCOG: measurement of arterial blood pressure
16:10–17:10	VC4 FE2	LUNCH
16:15–16:55	VC4 CDR	CARDIOCOG: experiment prep
16:15–16:35	FE-1	Pulmonary Function in Flight (PuFF): final calibration
16:35–17:20		Pulmonary Function in Flight (PuFF): HRF GASMAP powerdown
16:35–16:40	CDR	Calldown of CBO water supply status (<i>S-band</i>)
16:40–16:45		Calldown of CП flash counter status (<i>S-band</i>)
16:45–16:50	VC4 FE1	CARDIOCOG: experiment prep
16:55–17:55	CDR, FE-2	Prep for crew departure (11A)
16:55–18:25	VC4 CDR	CARDIOCOG: experiment ops
17:10–18:20	VC4 FE2	Activity with commemorative items (for Belgium). Video recording of commemorative item activity
17:10–17:35	VC4 FE1	
17:20–17:40	FE1	ARCTIC2 electrical checkout (part 1)
17:35–17:40	VC4 FE1	CARDIOCOG: experiment ops
17:40–18:20		Activity with commemorative items. Video recording of commemorative item activity
17:40–18:15	FE1	ARCTIC2 electrical checkout (part 2)
17:55–18:50	CDR, FE-2 (assist)	LBNP exercise T ₀ =18:21 Tagup w/ ground specialist (<i>VHF1</i>)
18:15–18:35	FE1	ARCTIC1 electrical checkout (part 1)
18:20–18:30	VC4 FE1	Private medical conference (<i>VHF2</i>)
18:25–19:05	VC4 CDR	CARDIOCOG: closeout ops
18:30–19:15	VC4 FE1, VC4 FE2	Activity with commemorative items. Video recording of commemorative item activity

18:35–19:10	FE1	ARCTIC1 electrical checkout (part 2)
19:05–19:15	VC4 CDR	AQUARIUS-B: payload stowage
19:15–19:30		Daily planning conference (<i>S-band</i>)
19:35–19:50	CDR, VC4 FE1, VC4 FE2	Setup for video downlink (Belgian program) ($T_0=19:37$, T1, T2, T3 will be activated by the Automated Daily Timeline (СПП))
19:50–20:00		Video downlink (Belgian program)
20:05–20:30		Daily plan review
20:30–21:00	CDR, FE-1, ЭП4	Report prep
20:40–21:00	FE-2	DIURESIS: payload setup
21:00–22:00	FE-1	Prep for crew departure
21:00–21:55	FE-2, CDR (assist)	LBNP exercise $T_0 = 21:25$ Tagup w/ ground specialist (<i>VHF2</i>)
21:10–21:25	VC4 FE1, VC4 FE2	Setup for live TV link ($T_0=21:11$, T1, T2, T3 will be activated by the Automated Daily Timeline (СПП))
21:25–21:40	VC4 FE1, VC4 FE2 (assist)	TV report for the city of Saint Truiden (<i>VHF1</i>)
21:55–22:00	VC4 CDR	AQUARIUS-B: temperature check
22:00–22:30		DINNER
22:30–23:00		Daily food prep
22:45–23:00	VC4 FE2	Setup for video downlink for Belgium (backup window) ($T_0=22:46$, T1, T2, T3 will be activated by the Automated Daily Timeline (СПП))
23:00–23:15		Video downlink for Belgium (backup window)
23:00–23:50		
23:00–00:00	ISS5, VC4 CDR, VC4 FE1	Pre-sleep
23:50–00:00	VC4 FE2	Camcorder battery charge (for the Visiting Crew) (DSR PD-150P)
00:00–08:30		SLEEP

See OSTP for references to US procedures

End of radiogram